



Just Breathe Yoga Studio
*Established 2005.
 Under Current
 Ownership since 2013.*

March 2019

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

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 www.justbreatheyogastudio.com

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 justbreatheyogastudiorome

*75-90 min class
 **2 hour class
 ****2 1/2 hour class

<p>3 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>4 9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>5 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight*</i>-Nicole</p>	<p>6 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Nicole 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>7 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>8 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>9 9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole (12:30 pm Master Class: Yin Yoga for Yoga Teachers-Nicole)</p>
<p>10 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Mary</p>	<p>11 9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby 6:45 pm Slow Flow Yoga I/II*-Mary</p>	<p>12 9:30 am Beginner's Yoga-Mary (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight*</i>-Nicole</p>	<p>13 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30pm Yoga I-Gabby 5:30 pm Just Breathe & Read Book Club 6:45 pm Mellow Evening Flow-Judy</p>	<p>14 9:30 am Beginner's Yoga-Sandy 10:45am Yin Yoga *-Sandy 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>15 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>16 9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole</p>
<p>17 9:30 am Vinyasa Yoga-Liz (3:00 pm Blissful Restorative Yoga-Nicole)</p>	<p>18 9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole) 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>19 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Nidra <i>with candlelight*</i>-Nicole</p>	<p>20 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>21 9:30 am Beginner's Yoga-Nicole 10:45 am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>22 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>23 9:30 am All Levels Yoga - Liz (10:45 am Spring Detox Flow-Renew, Release & Restore***-Nicole)</p>
<p>24 9:30 am Vinyasa Yoga-Liz 4:00 pm Mindful Flow Yoga-Alanna</p>	<p>25 9:30 am Yoga I-Sandy 4:00 pm Yin/Yang Yoga* -Nicole 5:30 pm Beginner's Yoga-Gabby (5:45 pm Mindful Meditation-Nicole) 6:45 pm Slow Flow Yoga I/II*-Nicole</p>	<p>26 9:30 am Beginner's Yoga-Nicole (4:15 PM Take a Seat Chair Yoga-Nicole) 5:30 pm Flex & Flow Yoga- Colleen 6:45 pm Yin Yoga <i>with candlelight*</i>-Nicole</p>	<p>27 9:30 am Slow Flow Yoga*-Yuki 12:10 pm Midday Yoga-Sandy 4:00 pm Yin/Yang Yoga* - Yuki 5:30pm Yoga I-Gabby 6:45 pm Mellow Evening Flow-Judy</p>	<p>28 9:30 am Beginner's Yoga-Nicole 10:45am Yin Yoga *-Nicole 4:15 pm Gentle Yoga-Ceil 5:30 pm Slow Flow Yoga I/II*-Nicole</p>	<p>29 9:30 am Yoga I/II-Yuki (11:00am Mommy & Baby Yoga-Nicole) (12:30pm Tiny Tots Yoga-Nicole)</p>	<p>30 9:30 am All Levels Yoga - Liz 10:45 am Yoga II Flow *-Nicole (1pm-Stretch, Paint & Meditate Event****)</p>

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9:30 am Vinyasa Yoga-Liz
4:00 pm Mindful Flow Yoga-Alanna



March Madness Sale on Drop-In Packages...
Packages on Special Change EVERY Week!!
Check Your email & the studio EVERY Week to See which packages are discounted!
 Offer ends March 31st, 2019

* Offer NOT valid on auto-pay packages and ONLY applicable for ONE Specified Week.

